MY MENTAL HEALTH MATTERS!

CHILDREN'S ACTIVITY BOOK FOR MENTAL HEALTH AND ANTI-BULLYING

#SAFEALLIES
Instructions: This is your mental health acceptance book, so make it yours! Draw a picture of yourself and fill in your name and the name of the school you attend.

NAME:

SCHOOL:
ABOUT THIS BOOK

After 17 years, the Children's Mental Health Awareness campaign is shifting and changing the "A" to acceptance.

One positive impact of a pandemic that has challenged everyone's mental health is that now more than ever, people are talking about it and know it's important. So, it's time to move beyond the term awareness. This significant shift to "acceptance" speaks more directly to the goal for the campaign - to eliminate prejudice and discrimination that children/youth with a mental health diagnosis or symptoms experience.

Awareness Week | National Federation of Families (ffcmh.org)

The #SafeAllies program is a collaboration of Nevada PEP and Youth M.O.V.E. Nevada. #SafeAllies reaches children, youth, and parents through digital resources while supporting children and youth in mental health recovery from a bullying incident. #SafeAllies also offers training workshops on the laws and processes for reporting a bullying incident and navigating the education system.
BULLYING
Being mean and hurtful to other people over and over again

Bystander
A person who sees bullying but doesn’t help or get involved

KINDNESS
Saying or doing something positive for someone

Mental Health
This affects how we think, feel, and act and can explain why we feel happy or we feel sad

Safety
Being free from harm or danger

Upstander
A person who sees bullying or a bad situation and does something to make things right
Instructions: Think about what makes you happy as you color the words and create your green ribbon mascot.
Instructions: How would you help a friend being bullied? Below, draw what you would do to help your friend.
**COLOR IT!**

**Instructions:** This is an awareness ribbon for **Children's Mental Health Acceptance Week**. You can color it green or any color that makes you feel happy to match the smiley faces.
Instructions: Find the words about mental health and bullying prevention.

Bully Free is the way to be!
**Instructions:** Color your bullying prevention superheroes and give them a team name in the box below.
**THE A-MAZE-ING BRAIN!**

**Instructions:** Start at the top of the brain maze and work your way to the center.

**KEEP IN MIND, TO BE KIND!**
Instructions: Create an anti-bullying poster that our mascot can carry around.
Instructions: In the circle below, draw a face of how bullying makes you feel.
Instructions: Below write 5 nice things you can say to a friend or stranger at school! #BeKind

1. 

2. 

3. 

4. 

5. 
Instructions: Take time to think about good people in your life and draw them here.
Instructions: Color in the mascot below.
COLOR IT!

Instructions: Color in the picture below and take time to relax.
Instructions: Take some time to relax, color in the picture below, and give your donut a name and flavor.

NAME: _________________________

FLAVOR: ________________________
**RESOURCES**

**YOUTH MOVE NEVADA PODCAST**
Youth-led podcast exploring timely youth topics
[youthmovenv.org/podcast](http://youthmovenv.org/podcast)

**NEVADA PEP**
Support for families that have children with disabilities
1-800-216-5188 | nvpep.org

**SUICIDE PREVENTION LIFELINE**
Free and confidential support for people in distress
800-273-8255 | suicidepreventionlifeline.org

**#SAFEALLIES**
Support for families and youth involved in bullying
1-800-216-5188 | nvpep.org/safe-allies

**FAMILIES S.H.A.R.E.**
Family program to reduce stress and build resilience
[nvpep.org/families-share](http://nvpep.org/families-share)

**TOGETHER WE CAN STOP BULLYING!**
We are proud to showcase our Sponsors. Thank you for helping us to raise awareness and acceptance about children's mental health. Because our Children's Mental Health Matters!